DOCUMENT RESUME

ED 393 053 CG 026 893

AUTHOR Morrison, Heather
TITLE Intimacy.
PUB DATE 21 Feb 96
NOTE 93p.; Master's Thesis, Fort Hays State University.
PUB TYPE Dissertations/Theses - Masters Theses (042) -- Tests/Evaluation Instruments (160)

EDRS PRICE MF01/PC04 Plus Postage.
DESCRIPTORS Affection; *Attachment Behavior; College Students; Counseling; Higher Education; Interpersonal Relationship; *Intimacy; Love; Masters Theses; *Psychological Patterns; Sexuality
IDENTIFIERS Personal Assessment of Intimacy in Relationships

ABSTRACT

Intimacy was investigated using the perceived intimacy scores of different scales obtained from the Personal Assessment of Intimacy in Relationships Inventory. Independent variables were gender, age, relationship type, and length of time married or dating. The sample consisted of 32 males and 84 females. Significant interactions were: gender and length of time married or dating for the dependent variable sexual; relationship type, age, and length of time married for the dependent variable sexual; and relationship type and gender for the dependent variable intellectual. Results appear to support the following generalizations: (1) females are more satisfied with recreational intimacy than males; (2) married participants are more satisfied with social intimacy than dating participants; (3) females are more satisfied with social intimacy than males; (4) gender and length of time married or dating should be examined concurrently for sexual intimacy satisfaction; (5) relationship type, age, and length of time married or dating should be examined concurrently for sexual intimacy satisfaction; and (6) relationship type and gender should be examined concurrently for intellectual intimacy satisfaction. Appendices contain all materials used to conduct the experiment including the inventory used. (JBJ)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED 393 053

INTIMACY

being

A Thesis Presented to the Graduate Faculty

of the Fort Hays State University in

Partial Fulfillment of the Requirements for

the Degree of Master of Science

by

Heather Morrison

B.A., Fort Hays State University

Date 2-21-96 Approved Bill Daley
Major Professor

Approved _____
Chair, Graduate Council

BEST COPY AVAILABLE

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
☐ This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY
H. Morrison

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

CG026893

Graduate Committee Approval

The Graduate Committee of Heather Morrison hereby approves her thesis as meeting partial fulfillment of the requirements for the Degree of Master of Science.

Approved Bill Daley
Chair, Thesis Committee

Approved Thomas O. Jones
Committee Member

Approved George Bugbee
Committee Member

Approved James C. Stansbury
Committee Member

Date 2-21-96

Acknowledgements

I feel the completion of my Master's degree has been a great accomplishment. The process has been very demanding and time consuming but the effort is well worth the learning experience. I hope that in the future I can continue my research on intimacy through a dissertation project.

Of course, I would like to thank Dr. Bill Daley for all of his wisdom and intelligence in assisting me with my thesis. Without his help, I would not have been able to finish. He spent many hours correcting my mistakes, answering my questions, and praising me for the good job I did. I appreciate that and I don't want his efforts to go unnoticed.

In addition, I want to thank my husband Stu. He always lifted my spirits when he would tell me my thesis "looked great!"

Finally, I would also like to thank the other committee members. Drs. Thomas Guss, James Murphy, and James Stansbury, gave me wonderful suggestions to make my thesis a better one.

Table of Contents

	Page
Introduction	1
Overview	1
Characteristics of Intimacy	1
Types of Intimacy	4
Intimacy in Relationships	6
Gender and Intimacy	7
Communication and Intimacy	9
Relationship Type and Intimacy	11
Length of Time Married or Dating and Intimacy	12
Summary	13
Statement of the Problem	14
Rationale and Importance the Research	14
Composite Null Hypotheses	15
Independent Variables and Rationale	15
Definition of Variables	16
Independent Variables	16
Dependent Variables	17
Limitations	17
Methodology	17
Setting	17
Subjects	18
Instrumentation	18
Design	21
Data Collecting Procedures	23

Research Procedures 24
Data Analysis 24
Results 24
Discussion 57
Summary 57
Related Literature and Results of Present Study 58
Generalizations 60
Implications 60
Recommendations 62
References 63

List of Appendixes

Page

Appendix A: Demographic Sheet 66

Appendix B: Personal Assessment of Intimacy in Relationships Inventory (revised) 68

Appendix C: Introduction & Instructions 71

Appendix D: Letters requesting permission to use Personal Assessment of Intimacy in Relationships Inventory 74

Appendix E: Permission letter from Dr. Olson 77

Appendix F: Personal Assessment of Intimacy in Relationships Inventory (original) 79

List of Tables

Page

Table 1: A Comparison of Mean Personal Assessment of Intimacy in Relationships Scores According to Gender, Age, and Relationship Type Employing a Three-Way Analysis of Variance 26

Table 2: A Comparison of Mean Personal Assessment of Intimacy in Relationships Scores According to Gender, Age, and Length of Time Married or Dating Employing a Three-Way Analysis of Variance 33

Table 3: A Comparison of Mean Personal Assessment of Intimacy in Relationships Scores According to Age, Relationship Type, and Length of Time Married or Dating Employing a Three-Way Analysis of Variance 42

Table 4: A Comparison of Mean Personal Assessment of Intimacy in Relationships Scores According to Gender, Relationship Type, and Length of Time Married or Dating Employing a Three-Way Analysis of Variance 49

List of Figures

Page

Figure 1: Interaction Between Gender and Length of Time Married or Dating for the Dependent Variable Sexual 40

Figure 2: Interaction Between Relationship Type and Gender for the Dependent Variable Intellectual 56

Abstract

The purpose of the researcher was to investigate intimacy. The independent variables were gender, age, relationship type, and length of time married or dating. The dependent variables were the perceived intimacy scores of different scales obtained from the Personal Assessment of Intimacy in Relationships Inventory. The scales were Emotional, Social, Sexual, Intellectual, Recreational, and Conventionality.

The sample consisted of 32 males and 84 females from 7 different classes at the university. Copies of questionnaires were completed by those students willing to participate in the research.

Four composite null hypotheses were tested, employing a three-way analysis of variance (general linear model) at the .05 level. A total of 78 comparisons were made plus 84 recurring. Of the 78 comparisons, 24 were main effects and 54 were interactions. Of the 24 main effects, 6 were statistically significant at the .05 level. The results indicated the following for main effects: gender for the dependent variable intellectual, gender for the dependent variable recreational, gender for the dependent variable sexual, relationship type for the dependent variable social, gender for the dependent variable social, and length of time married or dating for the dependent variable sexual.

Of the 54 interactions, 3 were statistically significant at the .05 level. The following interactions were statistically significant: gender and length of time married or dating for the dependent variable sexual; relationship type, age, and length of time married or dating for the dependent variable sexual; and relationship type and gender for the

dependent variable intellectual.

The results of the present study appeared to support the following generalizations: 1) females are more satisfied with recreational intimacy than males, 2) married participants are more satisfied with social intimacy than dating participants, 3) females are more satisfied with social intimacy than males, 4) gender and length of time married or dating should be examined concurrently for sexual intimacy satisfaction, 5) relationship type, age, and length of time married or dating should be examined concurrently for sexual intimacy satisfaction, and 6) relationship type and gender should be examined concurrently for intellectual intimacy satisfaction.

Introduction

Overview

The creation of the enhancement of intimacy is a goal of many couples (Wynne & Wynne, 1986). Current research results support the idea that positive interpersonal relationships promote mental and physical wholeness (Dandeneau & Johnson, 1994). Intimacy level is seen as an indicator of psychological and physiological well-being (Dandeneau & Johnson). Intimacy is likely to be a crucial component of a healthy marriage (Kenny & Acitelli, 1994). It is highly prized as a reward for a strong relationship (Schaefer & Olson, 1981). Research results indicate that married couples have better psychological health than their unmarried counterparts (Coleman, 1988). Couples who possess a low level of intimacy are more prone to nonpsychotic emotional illness and psychiatric help-seeking (Waring, 1984). The greater number of interpersonal problems are those related to intimacy which is why couples seek therapy (Rampage, 1994).

Characteristics of Intimacy

Intimacy comes from the Latin intimus which means deepest and innermost (Coleman, 1988). No consensus exists for an operational definition of intimacy in research and conducting empirical investigations of intimate process can be questionable and uncertain (Coleman). The American Heritage Dictionary (1985) defines intimacy as "the condition of being intimate" (p. 672). Wynne and Wynne (1986) define intimacy as "a subjective relational experience in which the core components are trusting self-disclosure to which the response is communicated empathy" (p. 384). Intimacy is the willingness to share

personal positive or negative feelings, experiences, fantasies, and meaningful thoughts. One should expect that the person listening will accept what has been revealed and not exploit that trust (Wynne & Wynne, 1986). Libby & Whitehurst (1977) defined intimacy as the "experiencing of the essence of one's self in intense intellectual, physical, and/or emotional communion with another human being" (p. 283). Lewis (1989) described intimacy as "a seed that may die if it does not get proper nourishment" (p. 77).

Coutts (1973) describes intimacy in the following way:

> A young couple in their thirties slowly walk the length of a wooden pier, each so unconsciously in harmony with the other, so totally aware of the other's being that they both move as one. He makes her laugh by saying something, and she moves her shoulder up against his as they walk. His eyes quietly study her face as they talk. Their eyes seldom leave each other. (p. 13-14)

Intimacy provides a feeling of comfort, warmth, and well-being (Coutts, 1973). It can change the view one has of life and his or her place in it. It is a sense that one is in control of his or her existence. The absence of intimacy can provide a feeling of dissatisfaction and negativism in all that one experiences. In the absence of intimacy there is either separation or alienation. Separation occurs if two people are not together psychologically. Alienation is separation based on resentment or hostility (Coutts). If there is no resolution of negative and alienating elements in a relationship, there is no growth (Augsburger, 1988).

Intimacy is composed of many elements. Intimacy is lasting

commitment, being oneself, and open to change and growth. It is accepting and caring while also confronting. Intimacy requires intense bonding and self-disclosure by both partners while also allowing autonomy and privacy (Augsburger, 1988).

Thomas Moore (1994) maintained a rare form of intimacy is seen in people who are "soul mates." "A soul mate is someone to whom we feel profoundly connected, as though the communicating and communing that take place between us were not the product of intentional efforts, but rather divine grace" (p. xvii). Nothing more precious in life exists except this strong soulful relationship, which is an extension of the soul's deep desire for intimacy.

Schaefer & Olson (1981) distinguished between intimate experiences and intimate relationships by focusing on the process of intimacy. Intimacy, by being a process, means it is never fully accomplished and occurs over a period of time. They defined an intimate experience as "a feeling of closeness or sharing with another" (p. 50). Further, they believe an intimate relationship is "one in which an individual shares intimate experiences in several areas, and there is the expectation that the experiences and relationship will persist over time" (p. 50).

Biddle (1976, cited in Libby & Whitehurst, 1977) noted that intimacy is both a state and a process, while making a distinction between intimate experiences and intimate relationships similar to that of Schaefer & Olson (1981). Wynne & Wynne (1986) contended that a person has not experienced intimacy until acceptance and acknowledgement are communicated on either a verbal or nonverbal level. Wynne & Wynne also concluded that the intimate experience is supplemental to, and not

essential to intimate bonding.

Types of Intimacy

Couples can share intimacy in a variety of different areas. Intimacy is not strictly experienced through physical contact, although sexual intimacy is a component of intimacy. Schaefer & Olson (1981) described the 5 different areas of intimacy in the Procedure Manual of the Personal Assessment of Intimacy in Relationships (PAIR) Inventory. The first area of intimacy is emotional intimacy and it is described as "the experiencing of closeness of feeling; the ability and freedom to share openly, in a non-defensive atmosphere when there is supportiveness and genuine understanding" (p. 8). A second area is social intimacy in which the couple shares a common group of friends and acquaintances and a similar social network. A third area includes sexual intimacy which is defined as the experience of sexual activity as well as giving and receiving affection, touching, and physical closeness. A fourth area, the sharing of ideas, talking about and discussing issues related to job and life is intellectual intimacy. Finally, the fifth is recreational intimacy which is described as sharing hobbies, pastimes, and participating in sporting events and leisure activities.

Intellectual, emotional, and physical intimacies are considered to be the very foundation of meaningful and real experiences. Intellectual intimacy is described by Coutts (1973) as, "two people are intellectually intimate when they share a mutual, exact understanding of each other's expressed ideas and thoughts" (p. 15). A couple communicates. Each person listens with complete attention, and the conversation is very stimulating. Each thought leads to many subjects,

and some thoughts must go unspoken. Intellectual intimacy ultimately happens when two people have similar intelligence and learning experiences. Two people feel intellectually intimate when the other can see what his partner sees and understands. Intimacy involves feeling free to say anything and knowing that the other person is listening (Dowrick, 1991). People want so desperately to be understood, and it is that understanding that brings such satisfaction in a relationship.

Emotional intimacy involves spiritual, psychic, conscious, and unconscious feelings. "Two people are emotionally intimate when both have similar feelings at the same time" (Coutts, 1973, p. 16). Emotional intimacy increases as mutual feelings are shared. If people experience anger, fear, sadness, or happiness, the potential for emotional intimacy increases. A necessity for emotional intimacy is one in which people should not apologize for or defend feelings. People often attempt to invalidate other's feelings by convincing them they really aren't lonely, worried, or afraid. A spouse who is feeling a sense of isolation is not experiencing the emotional connectedness associated with intimacy (Robinson & Blanton, 1993).

Maslow (1954) refers to "psychological intimacy" as the desire to obtain a fuller knowledge of one another. A couple shares secrets and gestures that only they understand.

Physical intimacy encompasses sexual contact as well as physical closeness and touching. "Sexual intimacy has become probably the greatest preoccupation of our society" (Coutts, 1973, p. 17). In this culture, physical and sexual intimacy is considered to be the highest form of faithfulness. People who only try to satisfy the physical

aspect of a relationship are separating thinking and feeling from intimacy.

Intimacy in Relationships

It has been noted by Huston and Burgess (1979, cited in Coleman, 1988) that major changes occur as partners grow closer. They found that an increase in interactions leads to the interaction occurring for longer time periods and in many different settings. Partners attempted to regain proximity when they were separated. They also found partners were more open to criticism and disclosed secrets when intimacy increased. In addition, partners established effective communication, stable patterns of interaction, as well as an enhanced level of investment in personal interests between them.

Huston and Burgess also indicated that intimacy may take different forms as it increases. Couples may achieve intellectual and physical closeness but lack emotional connections. The degree of trust and commitment and quality of communication may also vary. It is difficult to remain close to the partner when the relationship is constantly changing.

Harper & Elliot (1988) examined a couples' perception of actual (perceived) and expected level of intimacy to determine marital adjustment. They utilized the discrepancy score of the Personal Assessment of Intimacy in Relationships Inventory and scores of the Marital Adjustment Test to determine whether 185 randomly selected couples had obtained a healthy level of intimacy. By employing multivariate and univariate regression analyses they found that the amount of intimacy a couple perceived in their marriage was not as

important in determining the extent of marital satisfaction as was the discrepancy a couple felt between the amount of intimacy perceived and the amount of intimacy desired. According to the researcher, this study has ramifications for therapists who assume that increasing intimacy will improve the relationship. Even if the discrepancy between actual and desired intimacy is low and there is a low level of intimacy, that does not necessarily mean the couple needs to increase their intimacy. More intimacy may not be good for everyone.

Other studies indicate that a congruent perception of the relationship as strong appeared to be related to an increase in intimacy (Robinson & Blanton, 1993). The author also maintained that as well as "congruent perceptions," "positive communication skills facilitates marital intimacy" (p. 44).

Biddle (1976, cited in Libby & Whitehurst, 1977) developed an intensity matrix for the analysis of an intimate relationship. He devised three dimensions of intimacy: breadth is the "range of shared activities," openness is the "disclosure of the self", and depth relates to the "sharing of core aspects of the self," which is the most difficult to achieve (p. 99). Each of these dimensions contain intellectual, physical, and emotional intimacies. This matrix represents an analytic cross-section of an intimate relationship at one time period and may be used to describe various relationships. It symbolizes the degree to which breadth, openness, and depth are achieved that approximates a high or low level of intimacy.

Gender and Intimacy

Rampage (1994) maintained that men tend to consider intimacy as

being equal to sexuality. When a man is "intimate" he experiences vulnerable feelings. His intention is to feel closer to his wife, but the wife feels closeness is a "precondition" and is synonymous with foreplay. Rampage further contended that a level of collaboration, empathy, and equality in the relationship is conducive to an intimate experience for couples.

Dowrick (1991) supported the contention that men strongly associate sexual activity with intimacy. Dowrick also maintained that intimacy for women is more a state of being than doing. Intimacy is described by women as a mutual feeling of tenderness, sharing feelings, and openness.

Johnson & Edwards (1991) wanted to determine what level of commitment a person expects when touches become more intimate as a function of gender. The researchers utilized 152 undergraduate and ethnically diverse students attending a southern university. A two-way analysis of variance revealed that women have a tendency to equate sexual intimacy with commitment more than men. This means that as touch grows more intimate, women expect a higher level of commitment. These men also expect sexual intimacy sooner than the women. Johnson & Edwards further concluded that the inconsistency in commitment level concluded by gender increases as touches grow more intimate. This results in a greater chance for miscommunication of the sexes.

Research results have shown the male is generally not overly communicative. The female, in seeking to satisfy her needs for closeness and intimacy, will become discouraged at her mate's lack of communication. The female has historically nurtured intimate sharing

whereas the male has opted for the more closed boundaries and cautious disclosures approach.

Orosan and Schilling (1992) used a 45 minute interview with 15 female and 15 male white undergraduates to determine how definitions of intimacy differ between the sexes. By employing student t-tests it was found that women and men do not differ significantly when describing their own perceptions of intimacy. Both sexes expressed affective components such as caring, mutual disclosure, and trust in the definitions. However, women and men differed in their descriptions of their own intimate relationships. Women focused on affective characteristics whereas men focused on the activities and experiences shared.

Communication and Intimacy

Komarovsky (1962, cited in Merves-Okin, Amidon & Bernt, 1991) found differences between men and women also. One, women are more likely to self-disclose than men. Two, women indicate a greater desire to communicate feelings. Finally, women listen more intently and carefully to the ideas being communicated. Levinger and Senn's (1969, cited in Merves-Okin et al.) research results supported Komarovsky's findings. They further found women convey more unpleasant and negative thoughts than husbands. In addition, men and women self-disclose positive feelings at about the same level.

However, self-disclosure is not equated with intimacy in the research of Schaefer and Olson (1981). A study by Waring, Tillman, Frelick, Russell & Weisz (1980, cited in Waring, 1984) demonstrated that self-disclosure provided the foundation for intimacy in marriage

relationships. They also emphasized that self-disclosure and intimacy are not identical constructs. Waring et al. (1980, cited in Waring) found that expression of affection, cohesion, identity, compatibility, and problem solving skills were the other aspects of intimacy considered to be important.

Merves-Okin, Amidon & Bernt (1991) examined how gender affects attitudes concerning intimacy, self-disclosure, and marital satisfaction. The researchers gave 75 married couples a self-instructional packet. A multiple analysis of variance determined that an effect for gender was not significant. Marital satisfaction data were analyzed by means of a multiple regression analysis. Researchers found in their study of perceptions of intimacy in marriage that support, encouragement, and verbal expression of feelings contributed to the wife's satisfaction level. Whereas husbands not only agreed with verbal expression of feelings, support, and encouragement, but also felt "toleration of less pleasant aspect of the partner" (p. 11) contributed to his level of marital satisfaction. The results of the study also provided empirical support for the linear relationship between marital satisfaction and a high frequency of verbal expression of positive feelings. Communicating positive feelings is tantamount in perfecting the marriage role.

Gender differences do exist concerning attitudes toward intimacy and self-disclosure (Merves-Okin, Amidon & Bernt, 1991). A low level of self-disclosure of the husband can become hurtful for the wife who then believes he does not love her any longer. Results indicated that when a large discrepancy in amount of self-disclosure of partners is present,

dissatisfaction with the relationship develops. Furthermore, in a study conducted by Hansen & Schuldt (1984) it was found that a marriage was more satisfying when both partners reported either a high or low level of self-disclosure.

Waring, Schaefer and Fry (1994) investigated changes in self-disclosure and the impact on perceived marital intimacy. The Waring Intimacy Questionnaire (WIQ) was administered to 20 married couples. Step-wise multiple regression analyses were computed from WIQ intimacy areas to determine what relationship existed between intimacy and self-disclosure. They found that more intimate self-disclosures were associated with increases in perceived marital intimacy. Intimacy also increased as a result of the spouses being able to self-disclose negative information in an intellectual way.

Altman and Haythorn (1965, cited in Shaefer and Olson, 1981, p. 49) suggested "that the relationship between self-disclosure and relationship satisfaction may be curvilinear, and that there may exist a point at which increased self-disclosure actually reduces satisfaction with the relationship." This concept is further reinforced by Gilbert (1976, cited in Harper & Elliot, 1988) who concluded that the relationship with marital satisfaction and intimacy is a linear one and curvilinear with self-disclosure. Too much or too little disclosure can have an adverse affect on a marriage.

Relationship Type and Intimacy

Swann, Jr., De La Ronde, and Hixon (1994) researched 90 married and dating couples to determine how positive, negative, or self-verifying evaluations affect intimacy levels. Each person completed the

Self-Attributes Questionnaire (SAQ). In examining the responses of the dating participants by employing a simultaneous multiple regression. Data indicated intimacy increased as the favorability of partners' evaluations increased. Dating partners with negative self-views were most intimate with those who evaluated them favorably. Swann et al. found that the married couples were most intimate with partners who evaluated them in a self-verifying manner. That is, a spouse with positive self-views felt more intimate with a spouse who evaluated him or her favorably. In addition, intimacy increased when a spouse with a negative self-view was evaluated unfavorably by the other spouse.

Prager (1982) studied 97 college-aged women. Intimacy level was evaluated by a 30 minute interview. This author found a strong relationship between marital status and intimacy.

Length of Time Married or Dating and Intimacy

Results of a study conducted by Robinson & Blanton (1993) showed that a key characteristic of an enduring marriage (30+ years) was intimacy. Couples in the study described aspects of the marriage which included emotional, physical, and spiritual relations with each other. This closeness grew through sharing thoughts, feelings, activities, and pains and was facilitated by mutuality, support, and caring.

Wynne & Wynne (1986) described mutuality as an integration of attachment and caregiving, communicating, and joint problem solving into a pattern of connectedness. The couple has a shared commitment to one another to nurture the relationship. They further maintained that "although mutuality optimizes the likelihood for intimacy, intimacy can occur before mutuality developed" (p. 387).

Some studies indicated that intimacy may decrease as a result of time. According to Rowe & Meredith (1982) as length of marriage increases, spouses are less likely to name each other as intimates. The couples also expressed love less frequently.

Swensen, Eskew, & Kohlhepp (1984) agreed that for the average marriage, changes over time do lead to a devitalization. Swensen et al. also state,

> However, those who are at the more complex stages of ego development, who cope actively with problems and conflicts in the relationship, and who have created security in their relationship by a personal commitment to each other create a vital, stimulating, and satisfying intimate relationship that does not deteriorate. (p. 104)

Summary

Definitions of intimacy are so diverse, they may be based on individual preference and his/her experience. Intimacy is distinguished depending upon the individual's emotional, intellectual, and physical commitments to the relationship. Several factors are associated with attaining intimacy in relationships: gender, relationship type, and length of time married or dating. Gender and attitudes towards intimacy in relationships appear to be associated. Also, intimacy attained in relationships is influenced by the type of relationship. Yet, research concerning the length of the relationship and intimacy is contradictory.

Statement of the Problem

The purpose of the researcher was to investigate intimacy in relationships.

Rationale and Importance of Research

People are deeply involved in the attainment of intimacy. If so much effort is exerted to accomplish this, intimacy is likely a patchwork of different patterns and each must be satisfied in a different way. This thesis provides information for the marriage and family counselor who may work with people who wish to experience increased levels of intimacy in their relationships. The marriage and family counselor needs knowledge of how the individual can benefit in terms of understanding intimacy, loving oneself, and realizing one's own potential as an intimate person.

A knowledge of the factors which influence achievement of intimacy is important for many reasons. One, with intimacy being the major concern for couples participating in counseling, more research needs to be conducted to develop conclusive evidence pertaining to the association of selected independent variables with intimacy. Two, counseling professionals will have an additional source of therapeutic information. Third, as individuals in a relationship strive for intimacy, the results of this thesis may lead to novel ways of thinking about intimacy. Further studies may also include marital satisfaction as an indicator of intimacy. Hopefully, further work in the study of intimacy will bring focus to the enrichment of the quality of marriage.

The results of the present research provided information pertaining to the following questions:

1. Is there an association between gender and intimacy?

2. Is there an association between age and intimacy?

3. Is there an association between relationship type and intimacy?

4. Is there an association between length of time married or dating and intimacy?

Composite Null Hypotheses

All hypotheses were tested at the .05 level of significance.

1. The differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to gender, age, and relationship type will not be statistically significant.

2. The differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to gender, age, and length of time married or dating will not be statistically significant.

3. The differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to age, relationship type, and length of time married or dating will not be statistically significant.

4. The differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to gender, relationship type, and length of time married or dating will not be statistically significant.

Independent Variables and Rationale

The following independent variables were investigated: age,

gender, relationship type, and length of time married or dating. The researcher chose these variables for the following reasons:

1. lack of information pertaining to variables, and
2. results found were somewhat inconclusive.

Definition of Variables

Independent Variables

All independent variables were self-reported on a Demographic Sheet by the students participating in the study. The following independent variables were investigated:

1. gender - two levels
   level 1, male,
   level 2, female;
2. age - determined post hoc;
   level 1, 18-21 years,
   level 2, 22-29 years,
   level 3, 30-39 years,
   level 4, 40+ years;
3. relationship type - two levels
   level 1, married,
   level 2, dating (single);
4. length of time married or dating - determined post hoc
   level 1, less than 1 year,
   level 2, 1-4 years,
   level 3, 5-20 years,
   level 4, 20+ years.

Dependent Variables

The dependent variables were the perceived intimacy scores obtained from the following scales of the Personal Assessment of Intimacy in Relationships Inventory:

1. Emotional (6 items; 30 possible points)
2. Social (6 items; 30 possible points)
3. Sexual (6 items; 30 possible points)
4. Intellectual (6 items; 30 possible points)
5. Recreational (6 items; 30 possible points)
6. Conventionality (6 items; 30 possible points)

Limitations

The following conditions may have affected the results of the research:

1. the sample was not random,
2. the sample was from a single university in Western Kansas,
3. all information was self-reported, and
4. subjects came from a common geographical area.

Methodology

Setting

The subjects were selected from the student body of Fort Hays State University located in Hays, Kansas. It is a university with 5,329 enrolled students during the Fall, 1995, semester. The university is dedicated to becoming "one of the nation's outstanding comprehensive liberal arts institutions" (Fort Hays State Catalog). Fort Hays State

is accredited by the North Central Association of Colleges and Schools, the Kansas State Department of Education, as well as the National Council for Accreditation of Teacher Education. The 93 year-old university is committed to serving students in the areas of the arts and sciences, business, education, the health and life sciences, and agriculture in a computerized environment.

Subjects

The subjects for this study were students from a small Midwestern university. The researcher asked for participation from students enrolled in sociology, education, and counseling classes. The total sample size was 119 subjects from 7 classes. The sample consisted of 39 married subjects, 77 dating subjects, 84 women, and 32 men. The sample also consisted of 32 freshman, 32 sophmores, 17 juniors, 10 seniors, and 25 graduate students. Three students did not complete the questionnaire.

Instrumentation

Instrumentation consisted of a Demographic Sheet and The Personal Assessment of Intimacy in Relationships Inventory (PAIR). The researcher developed the Demographic Sheet (Appendix A) which contained questions relating to gender, age, relationship type, length of time married or dating, classification, and sexual preference.

The Personal Assessment of Intimacy in Relationships Inventory (Appendix B) allows a couple to describe the amount of intimacy each experiences in the relationship, whether friendship or marriage (Olson & Schaefer). The instrument measures the expected (ideal) and the realized (perceived) level of intimacy so that the scores may be

compared to provide information for goals, needs and expectations in the relationship. For the purposes of this study, only the perceived score was being used. It was not being used as a diagnostic tool.

The Personal Assessment of Intimacy in Relationships is a 36 item, hand-scorable, self-report instrument that uses a 5-point Likert Scale and assesses 5 types of intimacy that are described as follows:

> Emotional intimacy: The experiencing of closeness of feeling; the ability and freedom to share openly, in a non-defensive atmosphere when there is supportiveness and genuine understanding.
>
> Social intimacy: The experience of having common friends and a similar social network.
>
> Sexual intimacy: The experience of showing general affection, touching, physical closeness, and/or sexual activity.
>
> Intellectual Intimacy: The experience of sharing ideas, talking about events in one's life, or discussing job related issues, current affairs, etc.
>
> Recreational Intimacy: Shared experiences or interests in pastimes or hobbies; mutual participation in sporting events, mutual involvement in any general recreational or leisure activity. (Olson & Schaefer, n.d., p. 8-9)

Additionally, a Conventionality scale measures the extent to which the person taking the test is "faking good."

In the original development of the Personal Assessment of Intimacy in Relationships "aesthetic" and "spiritual" intimacy were also included, but later dropped because of indistinct conceptual definitions. Schaefer and Olson (1981) sought family professionals,

graduate students, marriage and family therapists, and lay people for statements regarding characteristics of intimacy. Out of a total of 350 statements, 113 were selected that could be placed into a category (scale) of intimacy.

A pilot sample of 85 subjects completed the PAIR in which 10 items for each scale were selected. At this point, aesthetic intimacy failed to meet the requirements. Of the 113 items, 60 were selected. Each of the 6 scales remaining now had 10 items each and the Conventionality scale contained 15 items.

The 75-item inventory was then given to 192 couples. In assessing the validity of the items, factor loading was used to determine which items would be kept. Six items for each intimacy scale were selected. Schaefer and Olson did not determine a total score.

A split-half method of analysis was used to determine reliability. Each subscale has a Cronbach Alpha Reliability Coefficient. The Emotional scale has a coefficient of .75, the Social scale has a coefficient of .71, and the Sexual scale has a coefficient of .77. The Intellectual and Recreational scales have a coefficient of .70.

The following procedure was employed for scoring the instrument in the present study:

1. Responses were assigned values (strongly disagree = 1, somewhat disagree = 2, neutral = 3, somewhat agree = 4, strongly agree = 5).

2. Responses to negative items were reversed (strongly disagree = 5, somewhat disagree = 4, neutral = 3, somewhat agree = 2, strongly agree = 1).

3. Items pertaining to each scale were identified (Emotional scale items 1, 7, 13, 19, 25, 31; Social scale items 2, 8, 14, 20, 26, 32; Sexual scale items 3, 9, 15, 21, 27, 33; Intellectual scale items 4, 10, 16, 22, 28, 34; Recreational scale items 5, 11, 17, 23, 29, 35; and Conventionality scale items 6, 12, 18, 24, 30, 36).

4. A sum of the coded values for the responses to each item of the 6 scales was ascertained.

The resulting scale scores indicate the present level of intimacy perceived in each dimension (emotional, social, sexual, intellectual, recreational) of the relationship. Scores vary from 5 to 30. A high score indicates a greater level of intimacy and a small score indicates a lower level of intimacy. On the Conventionality scale, the higher the score, the greater the indication that the person is attempting to fake good.

Design

A status survey factorial design was employed. The independent variables were gender, age, relationship type, and length of time married or dating. The dependent variables were perceived intimacy scores of the Emotional, Social, Sexual, Intellectual, Recreational, and Conventionality scales.

Four composite null hypotheses were tested employing a three-way analysis of variance (general linear model) at the .05 level of significance. The following designs were employed:

Composite null hypothesis number 1, a 2 x 4 x 3 factorial design.

Composite null hypothesis number 2, a 2 x 4 x 4 factorial design.

Composite null hypothesis number 3, a 4 x 4 x 4 factorial design.

and

Composite null hypothesis number 4, a 2 x 3 x 4 factorial design.

Schumacher and McMillan (1993) identified 10 threats to internal validity. The threats to internal validity were dealt with in the following ways in the present study:

1. history: did not pertain because the present study was status survey;

2. selection: students who wished to voluntarily participate in each of the selected classes and those who had completed questionnaires were included in the study;

3. statistical regression: did not pertain because the present study was status survey;

4. testing: did not pertain because the present study was status survey;

5. instrumentation: did not pertain because the present study was status survey;

6. mortality: did not pertain because the present study was status survey;

7. maturation: did not pertain because the present study was status survey;

8. diffusion of treatment: did not pertain because the present study was status survey;

9. experimental bias: no treatment was implemented and data were collected by standard procedures;

10. statistical conclusions: two mathematical assumptions were violated (equal numbers of subjects in cells and randomization). The

general linear model was used to correct for lack of equal numbers of subjects in cells and the researcher did not project beyond the statistical procedures employed.

Schumacher and McMillan (1993) identified 2 threats to external validity. These 2 threats were dealt with in the following ways in the present study:

1. population external validity: the sample was not randomized; therefore, the results should be generalized only to those groups similar to the sample, and

2. ecological external validity: no treatment was implemented and data were collected according to standard procedures.

Data Collecting Procedures

The researcher contacted instructors from the university to obtain permission to survey their students. For those instructors who agreed, a class and time was chosen to survey. The researcher introduced herself and told the students participation was strictly voluntary and individual responses would be confidential. The researcher asked those who were in a relationship to identify themselves by raising his or her hand and passed out the Demographic Sheet and the Personal Assessment of Intimacy in Relationships Inventory to them and then read the instructions (Appendix C). When the students completed the inventory, an assistant picked them up and put them in an envelope. The researcher examined copies of the Demographic Sheet and inventory for completeness and the results were analyzed by personnel using the mainframe computer located at the computing center.

Research Procedures

The researcher implemented the following steps:

1. topic was selected
2. topic was delineated
3. researcher conducted electronic searches for literature review on ERIC, Topcat, Sociology Literature and Psychology Literature data bases, and requested inter-library loans,
4. instrument was selected and demographic sheet was developed,
5. research proposal was written,
6. research proposal was defended,
7. permission was obtained from instructors to use classes,
8. data were collected,
9. data were analyzed,
10. thesis was written,
11. thesis was defended,
12. final editing of the document.

Data Analysis

The following were compiled:

1. appropriate descriptive statistics,
2. three-way analysis of variance (general linear model),
3. Bonferroni (Dunn) *t*-test for means, and
4. Duncan's multiple range for means.

Results

The purpose of the researcher was to investigate intimacy. The independent variables were gender, age, relationship type, and length of time married or dating. The dependent variables were the perceived

intimacy scores of different scales from the Personal Assessment of Intimacy in Relationships Inventory. The scales were Emotional, Social, Sexual, Intellectual, Recreational, and Conventionality. The sample consisted of 84 females and 32 males. Four composite null hypotheses were tested, employing a three-way analysis of variance (general linear model). The following design was used with each composite null hypothesis:

Composite null hypothesis number 1, a 2 x 4 x 3 factorial design,

Composite null hypothesis number 2, a 2 x 4 x 4 factorial design,

Composite null hypothesis number 3, a 4 x 4 x 4 factorial design, and

Composite null hypothesis number 4, a 2 x 3 x 4 factorial design.

The results section was organized according to composite null hypotheses for ease of reference. Data pertaining to each composite null hypothesis was presented in a common format for ease of comparison.

It was hypothesized in composite null hypothesis number 1 that the differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to gender, age, and relationship type would not be statistically significant. Data pertaining to composite null hypothesis number 1 was presented in Table 1. The following variables were cited in Table 1: variables, group sizes, means, standard deviations, F values, and p levels.

Table 1: A Comparison of Mean Personal Assessment of Intimacy in Relationships Inventory Scores According to Gender, Age, and Relationship Type Employing a Three-Way Analysis of Variance.

Variable	n	M*	S	F value	p level
		Emotional Scale			
Gender (A)					
Male	32	22.0	4.11	1.23	.2706
Female	84	23.8	4.19		
Age (B)					
18-21	55	23.6	3.89		
22-29	36	22.7	4.83	0.06	.9808
30-39	12	24.8	3.11		
40+	13	22.3	4.57		
Relationship Type (C)					
Married	39	23.6	4.19	0.00	.9814
Dating	77	23.2	4.26		
	Interactions				
	A x B			0.35	.7891
	A x C			0.29	.5928
	B x C			1.06	.3699
	A x B x C			**	**

(Continued)

Table 1: (continued)

Variable	n	M	S	F value	p level
		Social Scale			
Gender (A)					
Male	32	19.5	4.34	2.99	.0866
Female	84	22.0	3.89		
Age (B)					
18-21	55	21.4	4.37	0.69	.5589
22-29	36	21.0	3.82		
30-39	12	21.7	2.93		
40+	13	21.2	5.30		
Relationship Type (C)					
Married	39	22.0	3.59	3.77	.0550
Dating	77	20.9	4.39		
	Interactions				
	A x B			0.18	.9120
	A x C			0.34	.5614
	B x C			0.29	.8328
	A x B x C			..	..

(Continued)

Table 1: (continued)

Variable	n	M	S	F value	p level
		Sexual Scale			
Gender (A)					
Male	32	23.8	4.56	2.35	.1282
Female	84	25.7	3.76		
Age (B)					
18-21	55	25.5	3.78		
22-29	36	24.3	4.33	0.56	.6394
30-39	12	26.1	3.48		
40+	13	25.4	4.94		
Relationship Type (C)					
Married	39	25.0	4.41	0.28	.6000
Dating	77	25.2	3.89		
	Interactions				
	A x B			0.72	.5401
	A x C			0.05	.8240
	B x C			0.51	.6783
	A x B x C			**	**

(Continued)

Table 1: (continued)

Variable	n	M	S	F value	p level
		Intellectual Scale			
Gender (A)					
Male	32	21.6[a]	4.97	3.78	.0545
Female	84	24.7[b]	3.87		
Age (B)					
18-21	55	24.2	4.35		
22-29	36	23.0	4.91	0.22	.8819
30-39	12	25.3	2.96		
40+	13	23.7	4.25		
Relationship Type (C)					
Married	39	24.1	4.01	0.01	.9416
Dating	77	23.8	4.61		
	Interactions				
	A x B			1.43	.2380
	A x C			0.50	.4804
	B x C			0.89	.4492
	A x B x C			**	**

(Continued)

Table 1: (continued)

Variable	n	M	S	F value	p level
		Recreational Scale			
Gender (A)					
Male	32	22.0[a]	3.68	7.98	.0057
Female	84	25.1[b]	3.58		
Age (B)					
18-21	55	24.9	3.83		
22-29	36	23.2	3.92	0.73	.5350
30-39	12	24.4	3.48		
40+	13	24.2	3.85		
Relationship Type (C)					
Married	39	23.6	3.39	0.16	.6931
Dating	77	24.5	4.06		
		Interactions			
		A x B		1.74	.1635
		A x C		2.28	.1361
		B x C		0.07	.9782
		A x B x C		**	**

(Continued)

Table 1: (continued)

Variable	n	M	S	F value	p level
		Conventionality Scale			
Gender (A)					
Male	32	20.1	5.15	0.93	.3373
Female	84	21.9	5.13		
Age (B)					
18-21	55	22.3	4.89		
22-29	36	20.6	5.42	0.89	.4507
30-39	12	22.6	3.90		
40+	13	18.8	5.97		
Relationship Type (C)					
Married	39	21.2	5.58	0.28	.5951
Dating	77	21.5	5.00		
	Interactions				
	A x B			0.69	.5587
	A x C			0.21	.6486
	B x C			0.39	.7601
	A x B x C			**	**

* The larger the value, the more positive the attribute. The possible scores and theoretical mean were the following for each scale: (5-30, 18)

** Analysis could not be implemented because of sample size and nature of data

** Difference statistically significant at the .05 level according to Bonferroni (Dunn) t test for means

Two of the 42 p values were statistically significant at the .05 level; therefore, the null hypotheses for these comparisons were rejected. The statistically significant comparisons were for main effects. The following main effects were statistically significant:

1. the independent variable gender and the dependent variable intellectual, and

2. the independent variable gender and the dependent variable recreational.

The data cited in Table 1 indicated the following for main effects:

1. females had a statistically larger mean score for the Intellectual scale than males, and

2. females had a statistically larger mean score for the Recreational scale than males.

It was hypothesized in null hypothesis number 2 that the differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to gender, age, and length of time married or dating would not be statistically significant. Data pertaining to composite null hypothesis number 2 was presented in Table 2. The following were cited in Table 2: variables, group sizes, means, standard deviations, F values, and p levels.

Table 2: A Comparison of Mean Personal Assessment of Intimacy in Relationships Inventory Scores According to Gender, Age, and Length of Time Married or Dating Employing a Three-Way Analysis of Variance.

Variable	n	M'	S	F value	p level
		Emotional Scale			
Gender (A)					
Male	32	22.0	4.11	1.22	.2726
Female	84	23.8	4.19		
Age (B)					
18-21	55	23.6	3.89		
22-29	36	22.7	4.83	0.36	.7809
30-39	12	24.8	3.11		
40+	13	22.3	4.57		
Length of Time Married or Dating (D)					
Less than 1 year	40	23.4	4.74		
1-4	49	23.2	4.21	0.46	.7129
5-20	20	24.0	3.02		
20+	7	21.7	4.54		
	Interactions				
	A x B			0.77	.5131
	A x D			0.66	.5798
	B x D			0.96	.4552
	A x B x D			0.05	.8213

(Continued)

Table 2: (continued)

Variable	n	M	S	F value	p level
		Social Scale			
Gender (A)					
Male	32	19.5	4.34	1.91	.1699
Female	84	22.0	3.89		
Age (B)					
18-21	55	21.4	4.37	0.45	.7161
22-29	36	21.0	3.82		
30-39	12	21.7	2.93		
40+	13	21.2	5.30		
Length of Time Married or Dating (D)					
Less than 1 year	40	21.8	4.01	0.38	.7648
1-4	49	20.6	4.62		
5-20	20	21.9	3.15		
20+	7	21.3	4.11		
		Interactions			
		A x B		1.83	.1470
		A x D		1.20	.3144
		B x D		0.39	.8846
		A x B x D		0.12	.7334

(Continued)

Table 2: continued

Variable	n	M	S	F value	p level
		Sexual Scale			
Gender (A)					
Male	32	23.8[a]	4.56	4.13	.0449
Female	84	25.7[b]	3.76		
Age (B)					
18-21	55	25.5	3.78		
22-29	36	24.3	4.33	1.49	.2220
30-39	12	26.1	3.48		
40+	13	25.4	4.94		
Length of Time Married or Dating (D)					
Less than 1 year	40	24.6	4.29		
1-4	49	25.8	3.77	2.35	.0770
5-20	20	25.3	3.42		
20+	7	24.0	6.19		
	Interactions				
	A x B			0.69	.5588
	A x D			2.82	.0431
	B x D			0.77	.5974
	A x B x D			0.01	.9186

(Continued)

Table 2: continued

Variable	n	M	S	F value	p level
		Intellectual Scale			
Gender (A)					
Male	32	21.6	5.00	1.27	.2622
Female	84	24.7	3.80		
Age (B)					
18-21	55	24.1	4.35	0.51	.6780
22-29	36	23.0	4.91		
30-39	12	25.3	2.96		
40+	13	23.7	4.25		
Length of Time Married or Dating (D)					
Less than 1 year	40	23.3	4.71	0.23	.8757
1-4	49	24.1	4.54		
5-20	20	24.8	3.96		
20+	7	23.0	2.71		
		Interactions			
		A x B		1.85	.1425
		A x D		1.99	.1206
		B x D		1.10	.3695
		A x B x D		1.11	.2941

(Continued)

Table 2: continued

Variable	n	M	S	F value	p level
		Recreational Scale			
Gender (A)					
Male	32	22.0[a]	3.68	5.81	.0178
Female	84	25.1[b]	3.60		
Age (B)					
18-21	55	24.9	3.83		
22-29	36	23.2	3.92	.067	.5716
30-39	12	24.4	3.48		
40+	13	24.2	3.85		
Length of Time Married or Dating (D)					
Less than 1 year	40	24.1	3.65		
1-4	49	24.7	4.21	1.10	.3537
5-20	20	24.0	3.78		
20+	7	22.9	2.61		
	Interactions				
	A x B			0.86	.4642
	A x D			0.36	.7808
	B x D			0.81	.5654
	A x B x D			0.01	.9189

(Continued)

Table 2: continued

Variable	n	M	S	F value	p level
		Conventionality			
Gender (A)					
Male	32	20.1	5.15	1.11	.2951
Female	84	20.9	5.13		
Age (B)					
18-21	55	22.3	4.89		
22-29	36	20.6	5.42	0.19	.9017
30-39	12	22.6	3.90		
40+	13	18.8	6.00		
Length of Time Married or Dating (D)					
Less than 1 year	40	22.0	5.35		
1-4	49	21.4	5.14	0.32	.8138
5-20	20	21.3	4.33		
20+	7	19.3	7.04		
		Interactions			
		A x B		1.68	.1769
		A x D		1.33	.2704
		B x D		0.79	.5780
		A x B x D		2.56	.1128

* The larger the value, the more positive the attribute. The possible scores and theoretical mean were the following for each scale: (5-30, 18)

[a] Difference statistically significant at the .05 level according to Bonferroni (Dunn) t test for means

Three of the 42 p values were statistically significant at the .05 level; therefore, the null hypotheses for these comparisons were rejected. Two of these statistically significant comparisons were for main effects. The following main effects were statistically significant:

1. the independent variable gender and the dependent variable sexual, and

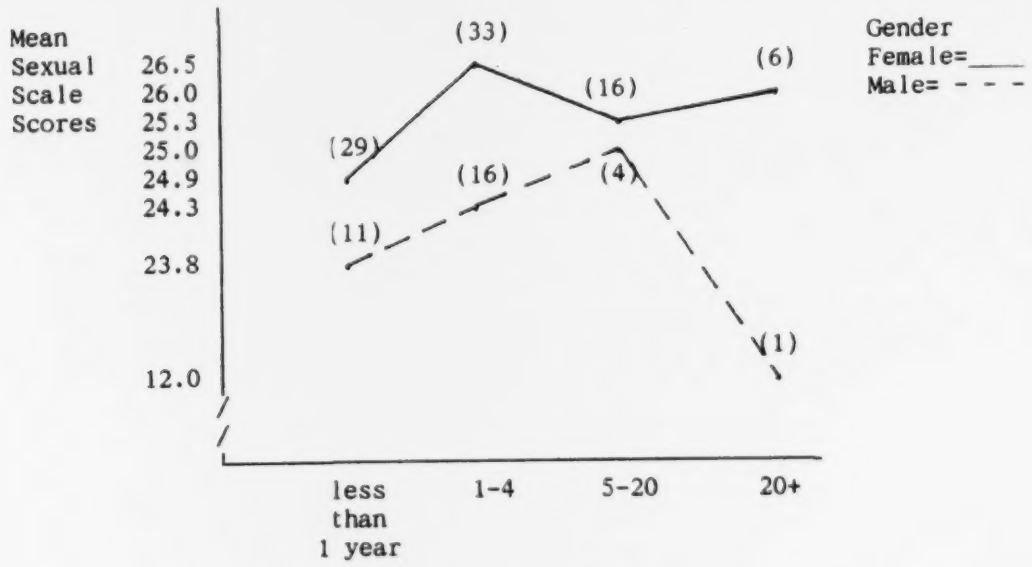
2. the independent variable gender and the dependent variable recreational (recurring, Table 1).

The data cited in Table 2 indicated that females had a statistically larger mean score for the Sexual scale than males.

One of the three statistically significant comparisons was for an interaction. The independent variables gender and the length of time married or dating was statistically significant for the dependent variable sexual.

The interaction between gender and length of time married or dating for the dependent variable sexual was depicted in a profile plot. Figure 1 contains mean Sexual scale scores and curves for gender.

Figure 1: The Interaction Between the Independent Variable Gender and Length of Time Married or Dating for the Dependent Variable Sexual.



The interaction between gender and length of time married or dating and the dependent variable sexual was ordinal. The information cited in Figure 1 indicated the following:

1. females married or dating 1-4 years had numerically the highest mean Sexual scale score of any subgroup, and

2. females, regardless of time married or dating had higher mean Sexual scale scores than males (reported a higher level of sexual intimacy).

It was hypothesized in null hypothesis number 3 that the differences among Personal Assessment of Intimacy in Relationships Inventory scores for college students according to age, relationship

type, and length of time married or dating would not be statistically significant. Data pertaining to composite null hypothesis number 3 was presented in Table 3. The following were cited in Table 3: variables, group sized, means, standard deviations, F values, and p levels.

Table 3: A Comparison of Mean Personal Assessment of Intimacy in Relationships Inventory Scores According to Age, Relationship Type, and Length of Time Married or Dating Employing a Three-Way Analysis of Variance.

Variable	n	M*	S	F value	p level
		Emotional Scale			
Age (B)					
18-21	55	23.6	3.89		
22-29	36	22.7	4.83	1.61	.1916
30-39	12	24.8	3.11		
40+	13	22.3	4.57		
Relationship Type (C)					
Married	39	23.6	4.19	1.23	.2699
Dating	77	23.2	4.26		
Length of Time Married or Dating (D)					
Less than 1 year	40	23.4	4.74		
1-4	49	23.2	4.21	0.05	.9864
5-20	20	24.0	3.02		
20+	7	21.7	4.54		
Interactions					
C x B				0.81	.4895
C x D				0.48	.6190
B x D				1.55	.1706
C x B x D				3.02	.0854

(Continued)

Table 3: continued

Variable	n	M	S	F value	p level
		Social Scale			
Age (B)					
18-21	55	21.4	4.37		
22-29	36	21.0	3.82	0.20	.8968
30-39	12	21.7	2.93		
40+	13	21.2	5.30		
Relationship Type (C)					
Married	39	22.0[a]	3.59	4.91	0291
Dating	77	21.0[b]	4.39		
Length of Time Married or Dating (D)					
Less than 1 year	40	21.8	4.01		
1-4	49	20.6	4.62	0.25	8634
5-20	20	21.9	3.16		
20+	7	21.3	4.11		
		Interactions			
		C x B		0.69	.5605
		C x D		0.20	.8183
		B x D		0.43	.8565
		C x B x D		0.09	.7683

(Continued)

Table 3: continued

Variable	n	M	S	F value	p level
		Sexual Scale			
Age (B)					
18-21	55	25.5	3.78		
22-29	36	24.3	4.33	1.17	.3262
30-39	12	26.1	3.48		
40+	13	25.4	4.94		
Relationship Type (C)					
Married	39	25.0	4.41	0.01	.9337
Dating	77	25.2	3.89		
Length of Time Married or Dating (D)					
Less than 1 year	40	24.6	4.29		
1-4	49	25.8	3.77	0.83	.4807
5-20	20	25.3	3.42		
20+	7	24.0	6.19		
		Interactions			
		C x B		0.10	.9619
		C x D		0.27	.7612
		B x D		0.19	.9789
		C x B x D		3.93	.0502

(Continued)

Table 3 continued

Variable	n	M	S	F value	p level
		Intellectual Scale			
Age (B)					
18-21	55	24.2	4.35		
22-29	36	23.0	4.91	0.94	.4225
30-39	12	25.3	2.96		
40+	13	23.7	4.25		
Relationship Type (C)					
Married	39	24.1	4.01		
Dating	77	23.8	4.61		
Length of Time Married or Dating (D)					
Less than 1 year	40	23.3	4.71		
1-4	49	24.1	4.54	0.15	.9317
5-20	20	24.8	3.96		
20+	7	23.0	2.71		
		Interactions			
		C x B		0.64	.5908
		C x D		0.19	.8299
		B x D		0.66	.6821
		C x B x D		2.28	.1344

(Continued)

Table 3: continued

Variable	n	M	S	F value	p level
		Recreational Scale			
Age (B)					
18-21	55	24.9	3.83		
22-29	36	23.2	3.92	1.39	.2505
30-39	12	24.4	3.48		
40+	13	24.2	3.85		
Relationship Type (C)					
Married	39	24.6	3.39	0.00	.9851
Dating	77	23.6	4.06		
Length of Time Married or Dating (D)					
Less than 1 year	40	24.1	3.65		
1-4	49	24.7	4.21	0.60	.6137
5-20	20	24.0	3.78		
20+	7	22.9	2.61		
		Interactions			
		C x B		0.61	.6094
		C x D		1.22	.3001
		B x D		0.64	.6979
		C x B x D		0.16	.6931

(Continued)

Table 3: continued

Variable	n	M	S	F value	p level
		Conventionality Scale			
Age (B)					
18-21	55	22.3	4.89		
22-29	36	20.6	5.42	1.42	2411
30-39	12	22.6	3.90		
40+	13	18.8	5.97		
Relationship Type (C)					
Married	39	21.2	5.58	3.10	.0817
Dating	77	21.5	5.00		
Length of Time Married or Dating (D)					
Less than 1 year	40	22.0	5.35		
1-4	49	21.4	5.14	0.42	.7416
5-20	20	21.3	4.33		
20+	7	19.3	7.04		
		Interactions			
		C x B		0.57	.6393
		C x D		0.78	.4606
		B x D		1.58	.1603
		C x B x D		1.44	.2325

* The larger the value, the more positive the attribute. The possible scores and theoretical mean were the following for each scale: (5-30, 18)

^{sig} Difference statistically significant at the .05 level

Two of the 42 p values were statistically significant at the .05 level; therefore, the null hypotheses for these comparisons were rejected. One of these statistically significant comparisons was for a main effect. The significant main effect was the independent variable relationship type and the dependent variable social. The data cited in Table 3 indicated married participants had a statistically larger mean score for the Social scale than dating participants for a main effect.

One of the two statistically significant comparisons was for an interaction. The statistically significant interaction was among the independent variables relationship type, age, and length of time married or dating for the dependent variable sexual. This interaction was not presented in a profile plot because of sample size and nature of data. Twelve of the 32 cells were not represented.

It was hypothesized in null hypothesis number 4 that the differences among mean Personal Assessment of Intimacy in Relationships Inventory scores for college students according to gender, relationship type, and length of time married or dating would not be statistically significant. Data pertaining to composite null hypothesis number 4 was presented in Table 4. The following were cited in Table 4: variables, group sizes, means, standard deviations, F values, and p levels.

Table 4: A Comparison of Mean Personal Assessment of Intimacy in Relationships Inventory Scores According to Gender, Relationship Type, and Length of Time Married or Dating Employing a Three-Way Analysis of Variance.

Variable	n	M*	S	F value	p level
		Emotional Scale			
Gender (A)					
Male	32	22.0	4.11	2.43	.1225
Female	84	23.8	4.19		
Relationship Type (C)					
Married	39	23.6	4.19	1.57	.2130
Dating	77	23.2	4.26		
Length of Time Married or Dating (D)					
Less than 1 year	40	23.4	4.74	1.52	.2134
1-4	49	23.2	4.21		
5-20	20	24.0	3.02		
20+	7	21.7	4.54		
		Interactions			
		C x A		2.51	.1161
		C x D		0.54	.5869
		A x D		0.59	.6257
		C x A x D		0.09	.9181

(Continued)

Table 4: continued

Variable	n	M	S	F value	p level
		Social Scale			
Gender (A)					
Male	32	19.5[a]	4.34	4.78	.0311
Female	84	22.0[b]	3.89		
Relationship Type (C)					
Married	39	22.0	3.59	3.14	.0793
Dating	77	20.9	4.39		
Length of Time Married or Dating (D)					
Less than 1 year	40	21.9	4.01		
1-4	49	20.6	4.62	0.60	.6142
5-20	20	22.0	3.15		
20+	7	21.3	4.11		
		Interactions			
		C x A		1.24	.2686
		C x D		0.09	.9097
		A x D		0.28	.8429
		C x A x D		0.17	.8439

(Continued)

Table 4: continued

Variable	n	M	S	F value	p level
		Sexual Scale			
Gender (A)					
Male	32	23.8[a]	4.56	9.74	.0023
Female	84	25.7[b]	3.76		
Relationship Type (C)					
Married	39	25.2	4.41	0.37	.5429
Dating	77	25.0	3.89		
Length of Time Married or Dating (D)					
Less than 1 year	40	24.6[g]	4.29	3.36	.0216
1-4	49	25.8[h]	3.77		
5-20	20	25.3[h]	3.42		
20+	7	24.0[g]	6.19		
		Interactions			
		C x A		0.81	.3696
		C x D		0.04	.9608
		A x D		3.19	.0268
		C x A x D		1.73	.1821

(Continued)

Table 4: continued

Variable	n	M	S	F value	p level
		Intellectual Scale			
Gender (A)					
Male	32	21.6	4.97	2.74	1012
Female	84	24.7	3.87		
Relationship Type (C)					
Married	39	24.1	4.01	2.06	.1542
Dating	77	23.8	4.61		
Length of Time Married or Dating (D)					
Less than 1 year	40	23.3	4.71		
1-4	49	24.1	4.54	0.04	.9885
5-20	20	24.8	3.96		
20+	7	23.0	2.71		
		Interactions			
		C x A		5.86	.0172
		C x D		0.00	.9999
		A x D		1.73	.1653
		C x A x D		0.41	.6663

(Continued)

Table 4 continued

Variable	n	M	S	F value	p level
		Recreational Scale			
Gender (A)					
Male	32	22.0[a]	3.68	7.40	.0077
Female	84	25.1[b]	3.58		
Relationship Type (C)					
Married	39	23.6	3.39	0.07	.7944
Dating	77	24.5	4.06		
Length of Time Married or Dating (D)					
Less than 1 year	40	24.1	3.65		
1-4	49	24.7	4.21	0.26	.8543
5-20	20	24.0	3.78		
20+	7	22.9	2.61		
		Interactions			
		C x A		1.80	.1830
		C x D		0.26	.7740
		A x D		0.55	.6480
		C x A x D		0.05	.9546

(Continued)

Table 4: continued

Variable	n	M	S	F value	p level
		Conventionality Scale			
Gender (A)					
Male	32	20.1	5.15	2.18	.1425
Female	84	21.9	5.13		
Relationship Type (C)					
Married	39	21.2	5.58	1.34	.2491
Dating	77	21.5	5.00		
Length of Time Married or Dating (D)					
Less than 1 year	40	22.0	5.35		
1-4	49	21.4	5.14	1.78	.1553
5-20	20	21.3	4.33		
20+	7	19.3	7.04		
		Interactions			
		C x A		2.27	.1364
		C x D		1.13	.3260
		A x D		0.59	.6230
		C x A x D		0.22	.8033

* The larger the value, the more positive the attribute. The possible scores and theoretical mean were the following for each scale: (5-30, 18)

** Difference statistically significant at the .05 level according to Bonferroni (Dunn) t test for means

* Difference statistically significant at the .05 level

Six of the 42 p values were statistically significant at the .05 level; therefore, the null hypotheses for these comparisons were rejected. Four of these statistically significant comparisons were for main effects. The following main effects were statistically significant:

1. the independent variable gender and the dependent variable social,

2. the independent variable gender and the dependent variable sexual (recurring, Table 2),

3. the independent variable length of time married or dating and dependent variable sexual, and

4. the independent variable gender and the dependent variable recreational (recurring Table 1).

The data cited in Table 4 indicated the following for a main effect:

1. females had a statistically larger mean score for the Social scale than males, and

2. participants married or dating 1-4 years and 5-20 years had a higher mean Sexual scale score than those married less than 1 year and greater than 20 years.

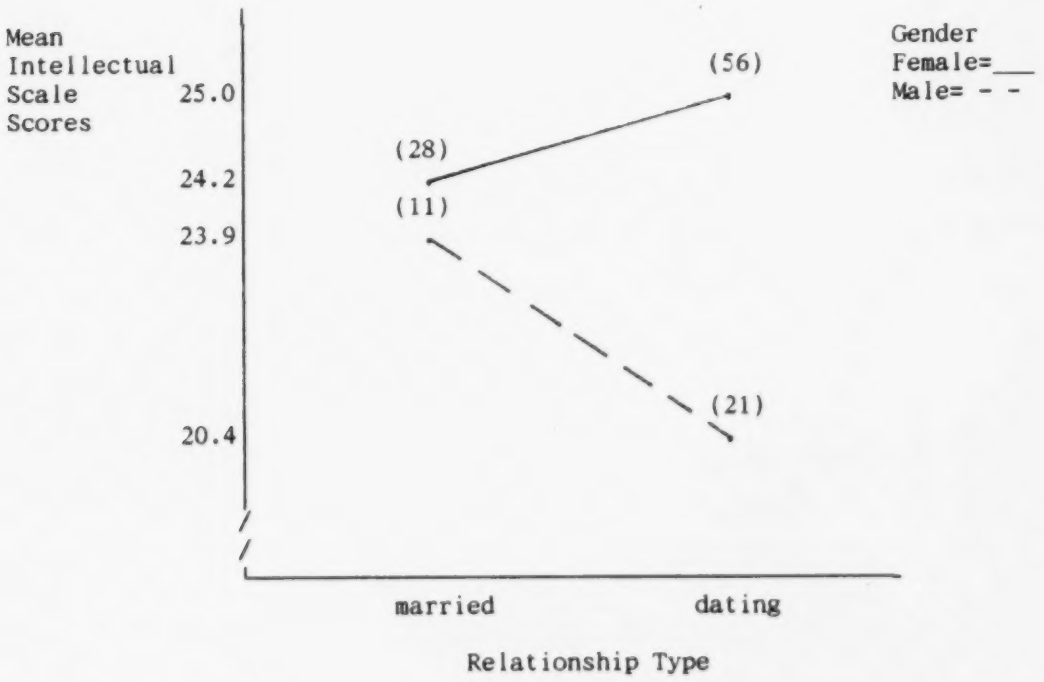
Two of the statistically significant comparisons were for interactions. The following interactions were statistically significant:

1. the independent variables gender and length of time married or dating and dependent variable sexual (recurring, Figure 1), and

2. the independent variables relationship type and gender and dependent variable intellectual.

The interaction between relationship type and gender for the dependent variable intellectual was depicted in a profile plot. Figure 2 contains mean Intellectual scale scores and curves for gender.

Figure 2: The Interaction Between the Independent Variables Relationship Type and Gender for the Dependent Variable Intellectual.



The interaction between relationship type and gender and dependent variable intellectual was ordinal. The information cited in Figure 2 indicated the following:

1. dating females had numerically the highest mean Intellectual scale score of any subgroup,

2. dating males had numerically the lowest mean Intellectual scale score of any subgroup, and

3. females, regardless of relationship type, had numerically higher mean Intellectual scale scores than males (reported a higher level of intellectual intimacy).

Discussion

Summary

The purpose of the researcher was to investigate intimacy. The independent variables were gender, age, relationship type, and length of time married or dating. The dependent variables were the perceived intimacy scores of different scales obtained from the Personal Assessment of Intimacy in Relationships Inventory. The scales were Emotional, Social, Sexual, Intellectual, Recreational, and Conventionality. The sample consisted of 84 females and 32 males. Four composite null hypotheses were tested, employing a three-way analysis of variance (general linear model) at the .05 level.

A total of 78 comparisons were made plus 84 recurring. Of the 78 comparisons, 24 were main effects and 54 were interactions. Of the 24 main effects, 6 were statistically significant at the .05 level. The results indicated the following for main effects:

1. females had a statistically larger mean score for the Intellectual scale than males,

2. females had a statistically larger mean score for the Recreational scale than males,

3. females had a statistically larger mean score for the Sexual scale than males,

4. married participants had a statistically larger mean score for the Social scale than dating participants,

5. females had a statistically larger mean score for the Social scale than males, and

6. participants married or dating 1-4 years and 5-20 years had higher mean Sexual scale scores than those married or dating less than 1 year and greater than 20.

Of the 54 interactions, 3 were statistically significant at the .05 level. The following interactions were statistically significant:

1. the independent variables gender and length of time married or dating for the dependent variable sexual,

2. the independent variables relationship type, age, and length of time married or dating for the dependent variable sexual, and

3. the independent variables relationship type and gender for the dependent variable intellectual.

Related Literature and Results of Present Study

Libby & Whitehurst (1977) defined intimacy as the "experiencing of the essence of one's self in intense intellectual, physical, and/or emotional communion with another human being" (p. 283). The results of the present research indicated that females experience a higher level of intimacy than males in the areas of intellectual, recreational, sexual, and social intimacy. This indicates females are likely to feel more comfortable in almost all the areas of intimacy and have developed a more intense bond with their partner. Intellectual, emotional, and physical intimacies are the very foundation of meaningful and real experiences (Coutts, 1973).

Dowrick (1991) supported the contention that men strongly associate sexual activity with intimacy. Dowrick also maintained that intimacy

for women is more a state of being than doing. Intimacy is described by women as a mutual feeling of tenderness, sharing feelings, and openness. The present researcher found females, regardless of time married or dating, had a higher mean Sexual scale score than males. These women reported a higher level of sexual intimacy based on satisfaction with sex life, feeling sexually comfortable with their mate, and maintaining sexual expression in the relationship.

The female has historically nurtured intimate sharing whereas the male has opted for the more closed boundaries and cautious disclosures approach. The present research found that females, regardless of relationship type, had numerically higher mean Intellectual scale scores than males. Females tended to report a higher level of intellectual intimacy. Females contended their partners listended to them when they needed someone to talk to and did not feel "put-down" in a serious conversation with their partner. This finding is also in agreement with the results of Waring, Schaefer, and Fry (1994). They found that more intimate self-disclosures were associated with increases in perceived marital intimacy. In addition, Merves-Okin, Amidon & Bernt (1991) found that when a large discrepancy in amount of self-disclosure of partners is present, dissatisfaction with the relationship develops.

Rowe & Meredith (1982) and Swensen, Eskew & Kohlhepp (1984) agree that intimacy between married individuals may decrease as a result of time. The current research supported that finding. In the present study, data indicated participants married or daing 1-4 years and 5-20 years had higher mean Sexual scale scores than those married or dating less than 1 year and greater than 20.

Generalizations

The results of the present study appeared to support the following generalizations:

1. females are more satisfied with recreational intimacy than males,

2. married participants are more satisfied with social intimacy than dating participants,

3. females are more satisfied with social intimacy than males,

4. gender and length of time married or dating should be examined concurrently for sexual intimacy,

5. relationship type, age, and length of time married or dating should be examined concurrently for sexual intimacy,

6. relationship type and gender should be examined concurrently for intellectual intimacy, and

7. Participants are satisfied in all areas of intimacy.

Implications

As the research reported, intimacy involves much more than sexual activities. Intimacy is the experience of being close and sharing. It is a combination of sexual activities as well as intellectual conversation, shared recreational interests, an emotional connection, and a common social network. Each partner in a relationship achieves a level of intimacy compatible to his or her own needs. The Personal Assessment of Intimacy in Relationships inventory is very useful to the counselor in that it aids couples in identifying the types of intimacy available in a relationship, which can increase their perspective on intimacy. The instrument can not only aid a couple in identifying an

area of intimacy they can improve upon, but also find support for the stronger characteristics of their intimate relationship. PAIR is a useful tool to use to help couples enhance their intimacy.

In addition, the research also indicated females scored numerically higher than males in terms of the intellectual, recreational, social and sexual aspects of intimacy. An intimate relationship is described by Schaefer & Olson (1981) as "one in which an individual shares intimate experiences in several area and there is the expectation that the experiences and relationship will persist over time" (p. 50). Research has found that intimacy is constructed of several components and they all intertwine to create a lasting relationship. The counselor is then responsible for helping the male client clarify and conceptualize these dimensions of intimacy.

The researcher also found participants married or dating more than 20 years had lower mean Sexual scale scores than those married or dating 1-20 years. Counselors may want to familiarize themselves with the issues that affect sexual intimacy in lasting marriages, such as physical condition and the demanding responsibility of child rearing. Counselors will then be prepared to help their clients enhance sexual intimacy.

The results of the present research also showed that the scores for the Conventionality scale on all independent variables are higher than the theoretical mean of 18 for this project. The Conventionality score indicates whether the individual is attempting to fake good. As a counselor, one may want to alert clients of their tendency to minimize problems in areas of intimacy. Without the ability to recognize

problems in a relationship, the potential for making the relationship a better one is decreased. The youngest subgroup (18-21) scored numerically higher on the Conventionality scale than those in the oldest subgroup (40+).

Recommendations

The results of the present study appeared to support the following recommendtions:

1. the study should be replicated with a larger random sample,
2. the study should be replicated in universities in other geographic areas,
3. the study should be replicated using an alternate intimacy questionnaire,
4. the study should be replicated using a sample with different sexual orientation,
5. the study should be replicated using a sample designated as being 40+ years old, and
6. the study should be replicated using the Personal Assessment of Intimacy in Relationships inventory to measure perceived intimacy as well as expected intimacy with both partners.

REFERENCES

American Heritage Dictionary (1985). Boston: Houghton Mifflin.

Augsburger, D. (1988). Sustaining love: Healing & growth in the passage of marriage. Ventura, California: Regal Books.

Coleman, J. C. (1988). Intimate relationships, marriage, and family. (2nd ed.). New York: Macmillan.

Coutts, R. L. (1973). Love and intimacy. California: Consensus Publishers.

Dowrick, S. (1991). Intimacy and solitude: Balancing closeness and independence. New York: W. W. Norton.

Dandeneau, M. L., & Johnson, S. M. (1994). Facilitating intimacy: Interventions and effects. Journal of Marital and Family Therapy, 20(1), 17-32.

Fort Hays State University Catalog (1995-97). Hays, Kansas: Fort Hays State University.

Hansen, J. E., & Schuldt, W. J. (1984). Marital self-disclosure and marital satisfaction. Journal of Marriage and the Family, 18, 923-926.

Harper, J. M., & Elliot, M. L. (1988). Can there be too much of a good thing? The relationship between desired level of intimacy and marital adjustment. The American Journal of Family Therapy, 16(4), 351-360.

Johnson, K. L., & Edwards, R. (1991). The effects of gender and type of romantic touch on perceptions of relational commitment. Journal of Nonverbal Behavior, 15(1), 43-55.

Kenny, D. A., & Acitelli, L. K. (1994). Measuring similarity in couples. Journal of Family Psychology, 8(4), 417-431.

Lewis, J. M. (1989). How's your family? (rev. ed.). New York: Brunner Mazel.

Libby, R. W., & Whitehurst, R. N. (1977). Marriage and alternatives: Exploring intimate relationships. Glenview, Illinois: Scott Foresman.

Maslow, A. H. (1954). Motivation and personality. New York: Harper & Brothers.

Merves-Okin, L., Amidon, E., & Bernt, F. (1991). Perceptions of intimacy in marriage: A study of married couples. The American Journal of Family Therapy, 19,(2), 110-117.

Moore, T. (1994). Soul Mates. New York: Harper Perennial.

Olson, D. H., & Schaefer, M. T. (n.d.). PAIR: Personal assessment of intimacy in relationships procedure manual. St. Paul, Minnesota: Family Social Science.

Orosan, P. G., & Schilling, K. M. (1992). Gender differences in college students' definitions and perceptions of intimacy. Women & Therapy, 12,(1/2), 201-212.

Prager, K. J. (1982). Intimacy status, locus of control, and self-disclosure in women. Paper presented at the Annual Meeting of the American Education Research Association (66th, New York, New York). (ERIC Reproduction Service No. ED 221804).

Rampage, C. (1994). Power, gender, and marital intimacy. Journal of Family Therapy,16,(1), 125-137.

Robinson, L. C., & Blanton, P. W. (1993). Marital strengths in enduring marriages. Family Relations, 42, 38-45.

Rowe, G. P., & Meredith, W. H. (1982). Quality in marital relationships

after twenty-five years. Family Perspective, 16(4), 149-155.

Schaefer, M. T., & Olson, D. H. (1981). Assessing intimacy: The Pair inventory. Journal of Marital and Family Therapy, 7,47-60.

Schumacher, S., & McMillan, J. H. (1993) Research in Education. (3rd ed.). New York: Harper Collins.

Swann W. B., Jr., De La Ronde, C., & Hixon, J. G. (1994). Authenticity and positivity strivings in marriage and courtship. Journal of Personality and Social Psychology, 66(5), 857-866.

Swensen C. H., Eskew, R. W., & Kohlhepp, K. A. (1984). Five factors in long-term marriages. Lifestyles: A Journal of Changing Patterns, 7(2), 94-106.

Waring, E. M. (1984). The measurement of marital intimacy. Journal of Marital and Family Therapy, 10(2), 185-192.

Waring, E. M., Schaefer, B., & Fry, R. (1994). The influence of therapeutic self-disclosure on perceived marital intimacy. Journal of Sex & Marital Therapy, 20(2), 135-147.

Wynne, L. C., & Wynne, A. R. (1986). The quest for intimacy. Journal of Marital and Family Therapy, 12(4), 383-394.

APPENDIX A

Demographic Sheet

DEMOGRAPHIC SHEET

Instructions: Please circle your response. For the results to be used, you must answer all the questions.

1. Gender:

   male

   female

2. Age: (years)

18-19	26-27	34-35	over 41
20-21	28-29	36-37	
22-23	30-31	38-39	
24-25	32-33	40-41	

3. Relationship type:

   married

   dating

4. Length of time married or dating:

   less than 1 year

   1 - 2 years

   3 - 4 years

   5 - 10 years

   10 - 20 years

   20 + years

5. Classification:

   freshman sophmore junior senior graduate

6. Sexual preference:

   heterosexual

   homosexual

   bisexual

APPENDIX B

Personal Assessment of Intimacy in Relationships Inventory
(revised)

PERSONAL ASSESSMENT OF INTIMACY IN RELATIONSHIPS INVENTORY
Item Sheet
by David H. Olson, Ph.D. &
Mark T. Schaefer, Ph.D.
University of Minnesota

Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1	2	3	4	5

Instructions: Please circle your response according to how you feel about the relationship at present. For the results to be used, you must answer all the questions.

1 2 3 4 5 1. My partner listens to me when I need someone to talk to.

1 2 3 4 5 2. We enjoy spending time with other couples.

1 2 3 4 5 3. I am satisfied with our sex life.

1 2 3 4 5 4. My partner helps me clarify my thoughts.

1 2 3 4 5 5. We enjoy the same recreational activities.

1 2 3 4 5 6. My partner has all of the qualities I've always wanted in a mate.

1 2 3 4 5 7. I can state my feelings without him/her getting defensive.

1 2 3 4 5 8. We usually "Keep to ourselves."

1 2 3 4 5 9. I feel our sexual activity is just routine.

1 2 3 4 5 10. When it comes to having a serious discussion, it seems we have little in common.

1 2 3 4 5 11. I share in few of my partner's interests.

1 2 3 4 5 12. There are times when I do not feel a great deal of love and affection for my partner.

1 2 3 4 5 13. I often feel distant from my partner.

1 2 3 4 5 14. We have few friends in common.

1 2 3 4 5 15. I am able to tell my partner when I want sexual intercourse.

1 2 3 4 5 16. I feel "put-down" in a serious conversation with my partner.

1 2 3 4 5 17. We like playing together.

1 2 3 4 5 18. Every new thing I have learned about my partner has pleased me.

1 2 3 4 5 19. My partner can really understand my hurts and joys.

1 2 3 4 5 20. Having time together with friends is an important part of our shared activities.

1 2 3 4 5 21. I "hold back" my sexual desire interest because my partner makes me feel uncomfortable.

1 2 3 4 5 22. I feel it is useless to discuss some things with my partner.

1 2 3 4 5 23. We enjoy the out-of-doors together.

1 2 3 4 5 24. My partner and I understand each other completely.

1 2 3 4 5 25. I feel neglected at times by my partner.

1 2 3 4 5 26. Many of my partner's closest friends are also my closest friends.

1 2 3 4 5 27. Sexual expression is an essential part of our relationship.

1 2 3 4 5 28. My partner frequently tries to change my ideas.

1 2 3 4 5 29. We seldom find time to do fun things together.

1 2 3 4 5 30. I don't think anyone could possibly be happier than my partner and I when we are with one another.

1 2 3 4 5 31. I sometimes feel lonely when we're together.

1 2 3 4 5 32. My partner disapproves of some of my friends.

1 2 3 4 5 33. My partner seems disinterested in sex.

1 2 3 4 5 34. We have an endless number of things to talk about.

1 2 3 4 5 35. I feel we share some of the same interests.

1 2 3 4 5 36. I have some needs that are not being met by my relationship.

APPENDIX C

Introduction and Instructions

Introduction:

My name is Heather Morrison. I am a graduate student majoring in Counseling. If you wish to participate in my research on intimacy, you will be helping me complete the requirements of the thesis. Responses to individual questionnaires will be kept completely confidential and participation is voluntary.

Instructions:

I would like to ask those of you who are currently in a relationship, dating or married, to participate in my study. For those of you who have participated in my study in previous classes, please do not participate again. Raise your hand if you are in a relationship and I will give you a copy of the materials.

You will be answering questions from the Personal Assessment of Intimacy in Relationships Inventory (PAIR). A Demographic Sheet is also included and must be filled out. Please answer all of the questions on both. As you can see on the PAIR Inventory sheet, there are 36 items. You have 5 possible choices in responding to each item ranging from 1 to 5, Strongly Disagree to Strongly Agree. You are to circle the number located to the left of the question which best represents the way that you feel about the relationship at present.

Please do not make any other marks on the sheet or write your name anywhere. Take as much time as you need. Do not talk to one another while you are taking the inventory. After you have completed the Demographic Sheet and the inventory, raise your hand and my assistant and I will pick them up and place them in an envelope. Do you have any

questions? Remember, you must complete all items on the Demographic Sheet and questionnaire.

I appreciate all your help and thank you.

APPENDIX D

Letters requesting permission to use Personal Assessment of Intimacy in Relationships Inventory

October 4, 1995

David H. Olson, Ph.D.
Family Social Service
290 McNeal Hall
University of Minnesota
St. Paul, MN 55108

Dear Dr. Olson,

I am a student currently working towards a Master of Science degree in Counseling at Fort Hays State University. I am asking permission to use the PAIR Inventory for a thesis.

If granted permission may I include a copy of the PAIR Inventory in the Appendix section of the thesis? In addition, I am asking permission to copy the inventory so that I may distribute it to the subjects for data collection.

I have enclosed the Abstract which contains all the information pertaining to my proposed thesis. I am very interested in using your inventory in my search for data concerning levels of intimacy in relationships.

Thank you for your consideration.

Sincerely,

Heather Morrison

Heather Morrison

November 1, 1995

David H. Olson, Ph.D.
Family Social Service
290 McNeal Hall
University of Minnesota
St. Paul, MN 55108

Dear Dr. Olson,

On October 4 of this year, I mailed you a letter requesting permission to use the PAIR Inventory for a thesis. I have not received word from you and wonder if the letter arrived. In the event it did not, I will reiterate the content of the original letter.

I am a counseling student currently working towards a Master of Science degree in Counseling at Fort Hays State University. I am asking permission to use the PAIR Inventory for a thesis. If granted permission, may I include a copy of the PAIR Inventory in the Appendix section of the thesis? In addition, I am asking permission to copy the inventory so that I may distribute it to the subjects for data collection.

I have enclosed the Abstract which contains all the information pertaining to my proposed thesis. I am very interested in using your inventory in my search for data concerning levels of intimacy in relationships.

Thank you for your consideration.

Sincerely,

Heather Morrison

Heather Morrison
1978 250th Ave.
Hays, KS 67601

enclosure

APPENDIX E

Permission letter from Dr. Olson

UNIVERSITY OF MINNESOTA
TWIN CITIES

Family Social Science
290 McNeal Hall
1985 Buford Avenue
St. Paul, Minnesota 55108
(612) 625-7250

PERMISSION TO USE PAIR

I am pleased to give you **permission to use PAIR** in your reesarch project, teaching, or clinical work with couples and families. You can either duplicate the materials directly or have them retyped for use in a new format. If they are retyped, acknowledgement should be given regarding the name of the instrument, the developer's name, and the University of Minnesota.

In exchange for providing this permission, we would appreciate a copy of any papers, thesis, or reports that you complete using these inventories. This will help us in staying abreast of the most recent development and research with these scales. Thank you for your cooperation.

In closing, I hope you find **PAIR** of value in your work with couples and families. I would appreciate hearing from you as you make use of this inventory.

Sincerely,

David H. Olson, Ph.D.
Professor

DHO:vmw

FAMILY INVENTORIES PROJECT (FIP)
Director: David H. Olson, Ph.D.

APPENDIX F

Personal Assessment of Intimacy in Relationships Inventory
(original)

P A I R

ITEM BOOKLET

By
David H. Olson, Ph.D.
Mark T. Schaefer, Ph.D.

FAMILY SOCIAL SCIENCE 290 McNeal Hall, University of Minnesota, St. Paul, MN 55108

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

1. My partner listens to me when I need someone to talk to.
2. We enjoy spending time with other couples.
3. I am satisfied with our sex life.
4. My partner helps me clarify my thoughts.
5. We enjoy the same recreational activities.
6. My partner has all of the qualities I've always wanted in a mate.
7. I can state my feelings without him/her getting defensive.
8. We usually "Keep to ourselves."
9. I feel our sexual activity is just routine.
10. When it comes to having a serious discussion, it seems we have little in common.
11. I share in few of my partner's interests.
12. There are times when I do not feel a great deal of love and affection for my partner.
13. I often feel distant from my partner.
14. We have few friends in common.
15. I am able to tell my partner when I want sexual intercourse.
16. I feel "put-down" in a serious conversation with my partner.
17. We like playing together.
18. Every new thing I have learned about my partner has pleased me.
19. My partner can really understand my hurts and joys.
20. Having time together with friends is an important part of our shared activities.

0 Strongly Disagree	1 Somewhat Disagree	2 Neutral	3 Somewhat Agree	4 Strongly Agree

21. I "hold back" my sexual interest because my partner makes me feel uncomfortable.
22. I feel it is useless to discuss some things with my partner.
23. We enjoy the out-of-doors together.
24. My partner and I understand each other completely.
25. I feel neglected at times by my partner.
26. Many of my partner's closest friends are also my closest friends.
27. Sexual expression is an essential part of our relationship.
28. My partner frequently tries to change my ideas.
29. We seldom find time to do fun things together.
30. I don't think anyone could possdibly be happier than my partner and I when we are with one another.
31. I sometimes feel lonely when we're together.
32. My partner disapproves of some of my friends.
33. My partner seems disintrested in sex.
34. We have an endless number of things to talk about.
35. I feel we share some of the same interests.
36. I have some needs that are not being met by my relationship.